VISION

Protecting your eyes from Blue Light

How much time do you spend looking at your electronic devices? More and more people are spending hours checking emails, watching videos and playing games on devices such as smart phones, tablets, and computers.

Studies show that these devices produce a higher concentration of blue light, which can have negative impacts on your vision as well as your overall health. Blue light can cause digital eye strain, which leads to headaches and dry eyes, and can damage retinal cells, putting people at risk for the onset of age-related macular degeneration (AMD)[1]. AMD is a leading cause of severe vision loss and blindness in adults over the age of 60[2].

To help you protect yourself, blue light blocking technology is available for your eyeglasses. These lens coatings protect your eyes by filtering out the blue light that may cause retinal damage and protecting your eyes from digital eye strain.

Your doctor may recommend a variety of blue light-blocking technologies for both prescription and non-prescription lenses.

Crizal Prevencia and Hoya Recharge are now included on our Anti-Reflective Formulary list, a part of your price protected lens options. You may also be eligible for significant savings on other blue light blocking technology. Be sure to check your coverage at myuhcvision.com

[1] Gronfier, Claude, Ph.D. "The Good Blue and Chronobiology: Light and Non-Visual Functions." Points de Vue, Spring 2013.
[2] Photochemistry and Photobiology. "Effects of Light-emitting Diode Radiations on Human Retinal Pigment Epithelial Cells In Vitro." March 2013. http://onlinelibrary.wiley.com/doi/10.1111/j.1751-1097.2012.01237.x/abstract

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